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Serving Lemon Grove and nearby communities

Tuesday, September 23, 1997 25¢

# Being a barrel racer doesn't prevent justice being done

by Joe Naiman

When the American West was building its reputation, Friederich Nietzsche said that God is dead. In today's American West, God has been rounded up.

In June, a man who called himself prAEsAEntAEum and claimed to be God was prosecuted in the El Cajon court by Deputy District Attorney Laura Akers. It was a high-profile case, but Akers is no rookie to publicity, as she is a former Miss Rodeo USA.

Akers still competes in rodeo barrel racing. Since a district attorney and an equestrian rider have significantly different lifestyles, Akers is often queried about being a D.A. who rides horses.

"It's really the other way around. Riding horses is my life, my true life and my true self; the D.A.'s office is my job that enables me to do other things. I think I'm a good trial attorney, but my place is here," said Akers after a barrel race.

In fact, had Akers not won the Miss Rodeo USA title in 1981, she probably would have attended veterinary school instead of law school. Akers, who grew up in Brawley and attended Brawley Union High School, received an AA degree in Associate Science and Physical Science from Imperial Valley College and an undergraduate degree in Zoology from the University of California, Davis.

Akers took a year off from school to serve as Miss Rodeo USA, which entails radio and television appearances and speeches to various groups. Her skill in speaking encouraged her to enroll at Western State Law School in San Diego, which took her 2 1/2 years to complete. At the age of 24, the District Attorney's office hired Akers out of law school.

Akers equestrian interest started with an uncle in Colorado with whom she rode horses while a small child.

She started showing horses when she

was six and started barrel racing when she was eight.

Miss Rodeo USA represents the International Pro Rodeo Association (IPRA), but Akers' original goal was a Professional Rodeo Cowboys Association (PRCA) crown.

Brawley's Cattle Call rodeo is one of the most prominent on the PRCA circuit and Akers tried twice to be Miss Rodeo Brawley but never placed.

She competed successfully for the PRCA's Miss San Diego Pacific Indoor Rodeo crown, which sent her to the Miss Rodeo California pageant. (The PRCA has local, state and national level winners; the IPRA's local winners go directly to Oklahoma City to compete for the Miss Rodeo USA crown.) Akers finished as the first runner-up and entered an IPRA pageant in Riverside to practice for the following year.

Akers won that pageant as well as the Miss Rodeo USA crown. For Akers the national title was justice, as during her second attempt for the Brawley title she had asked a judge what she could do to improve and was told she didn't have a chance. "Those are fighting words with me," said Akers.

During Akers' reign as Miss Rodeo



Laura Akers and Foremost Drag Racer take a breather after their WCBR jackpot event last week. Photo by Joe Naiman

USA she helped a contestant win the Needles pageant, in which that same woman who thought so negatively of Akers was a judge. The local winner informed the judge that Akers had helped her and that she had been crowned Miss Rodeo USA.

Akers moved to East County in 1986, first to Jamul and then to Lakeside in 1990. She had taken several years off from barrel racing to complete law school and start her prosecuting career, but the desire to returned to barrel racing revived her other career.

Akers has two racing horses. She bought Foremost Drag Racer, now 10 years old, when he was two and spent two years training him to race. In 1995 she bought Miss Big Bear City, whose speed has helped Akers in her races.

Akers currently races in the West Coast Barrel Racers (WCBR), the National Barrel Horse Association (NBHA) and the Women's Pro Rodeo Association (WPRA). Her last IPRA race was in Winchester in 1995.

The ground at that arena was not favorable to horses, and Miss Big Bear City, who Akers had bought two months earlier, fell and tore a ligament in her left rear hock. As the horse was getting up she cracked Akers' head.

Akers was in a coma for a week and was not expected to live. She suffered 85% hearing loss, which has since been reduced to 35% and is the only remaining symptom of her injury. Akers jokes that she was unaffected by the brain damage.

Plans to resume her riding after recovering from her injury were delayed when Akers became pregnant shortly afterward. Catheryn, the daughter of Akers and her husband, downtown court prosecutor Steve Anear, is now 16 months old.

Akers considers the convictions of Hasou Hasana (who stabbed his wife in front of their five children) and Stanley Baer (who killed his wife after previous warnings that he was likely to do so) to be the highlights of her career, adding that domestic violence is an issue that should be taken seriously.

She returned to barrel racing earlier this year. In just two WCBR races, she finished in seventh place in her division.

She is currently a permit holder on the WPRA's Sierra Circuit. She plans to buy her full WPRA card next year and compete for Rookie of the Year honors. She also plans to make the National Finals Rodeo in a year or two.

Earlier this month, she signed a contract with Charmayne James, the 10-time WPRA world champion barrel racer, to serve as her agent. Akers will seek endorsements but not handle James' legal work.

# Local sports writer taking giant steps toward top of field

by Greg Eichelberger

If the path to Steve Dolan's ultimate goal of media supremacy were measured in terms of feet, he would have accumulated thousands of frequent flyer miles in his career, by now.

The La Mesa resident has spent his whole life in East County – born in Lakeside, and an alumni of Lindo Park Elementary (where his favorite subjects were math, English and spelling), Lakeside Middle and El Capitan High schools (the class of 1973).

He was a member of the Vaqueros first soccer squad, as well as part of the baseball team that won the annual Lions Club Tournament.

Since then, he has made an astonishing climb upwards on the ladder of press accomplishment.

After a stint at Grossmont Community College and graduating with a degree in journalism from SDSU, he started at the Palm Springs Desert Sun, continued with stops at the La Mesa Life News (now defunct), the Los Angeles Times (San Diego edition), the Oceanside Blade-Citizen (now the North County Times), the



Steve Dolan

Daily Californian, the Junior Sports Page and the Copley News Service. He also served as director of public relations for the San Diego Sockers.

He now writes news copy for KOGO AM 600 radio, works for ESPN's Sports Ticker (covering the Padres), provides statistics for the Chargers and football Aztecs for radio and TV. Quite a litany for someone just in his early forties.

He said that each step indicates an advancement in his life from where he was to where he'd like to be. He added that everything he's done adds experiences that he otherwise would not have had, so he's grateful for the things he has been able to do.

Dolan knows full well, however, that the media is a double-edged sword, an intangible entity that people can love or hate with equal abandon.

The same organization that covers the wedding of Princess Diana, for instance, can also be blamed for her death. He says that he hopes he never becomes like the cliched reporter who sticks a microphone into the face of a man who has lost his family, asking, "How do you feel?"

Instead, he strives to find new and different angles to cover events, be they news or sports. "Most people will flock to the big politician or team superstar when filing their stories or reports," he said, adding that he'd rather talk to the regular guy or rookie who nobody knows, but can add a greater insight.

Dolan, the private citizen, also cherishes his free time as an opportunity to engage in physical activities, civic functions or to participate in his single's group at Shadow Mountain Community Church in El Cajon, even once contemplating resigning his job because it took time away from his spiritual development.

As one who daily comes in contact with the likes of Tony Gwynn, Ken Caminiti, Junior Seau, Stan Humphreys and other sports bigwigs, he's just as happy watching his alma mater play on a muddy field in front of 300 people. "I'd rather watch an El Cap football game on Friday night anytime than see the Chargers play on Sunday," he confessed.

For someone on such a fast track towards success, Dolan's future plans are modest by comparison. "I'd like to host a sports talk show, one day," he said. "But, if I could, I'd go into something that would allow me to make a difference in people's lives, such as running a small community newspaper or some kind of government work where I could bring about a positive impact."

There's no doubt that if anyone can tackle that endeavor, Steve Dolan can.

# **Community Notes**

#### Sea World 'adventure' coming to Parkway Plaza

The Sea World adventure will take place from 10 - 11 a.m. and will feature Sea World's interactive "Arctic Van" that will make you shiver with excitement as you preview this incredible new attraction. In addition, spin the prize wheel to try your chance at taking home some great prizes like stuffed animals and Sea World tickets!

Parkway Plaza's KidzQuest is a free workshop that is both educational and fun. The adventures are held the third Saturday of each month from 10-11 a.m. near center court. All children 12 and under are invited to attend.

Parkway Plaza is located in El Cajon at the Interstate 8 and Johnson Avenue exit. For future KidzQuest dates, call 579-7795.

#### Visitors Bureau sponsors mixer

The San Diego East Visitors Bureau will sponsor a mixer from 5:30 - 7:30 p.m. on Thursday at the Carlton Oaks Country Club. 9200 Inwood Drive in Santee. The cost is \$6 per person.

The event includes complimentary hors d'eouvres, beer, wine and soft drinks, with a no-host well bar available on the patio. There will be a unveiling of the new San Diego East Visitors Bureau Map as well as a brief presentation

Table displays will be available for \$10. For further information call 463-6466. Deadline for reservations is today.

Send your Fictitious Business Name Statement to



# Lemon Grove Review Box 127, Lemon Grove CA 91946

(Don't pay the Daily Californian \$42)

### Public Notices -

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DEFAULT UNDER A DEED OF TRUST. 
DATED 17956 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT 
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YOU, YOU SHOULD CONTACT A LAWYER ON 107791 at 100 AM LONESTAR 
MORTGAGEE SERVICES, LLC. as duly 
appointed Trustee under and pursuant to 
Deed of Trust recorded 1/11/196, as Instrument No. 1986-0016497, in book, page 11/18, 
of Official Records in the office of the County 
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SAN DIEGO, CALIFORNIA (NOTE CASHHER'S CHECK)S MUST BE MADE PAYABLE TO LONESTAR MORTGAGEE 
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Deed of Trust, fees, charges and expenses of togating size, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and epenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balange, of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$132,579.06. The beneficiary under said Deed of Trust herefolfore executed and delivered to the undersigned a written Declaration to Default and Demand for Sale, and a written Notice of Default and Election to Self The undersigned caused said Notice of Default and Election to Self The undersigned caused said Notice of Default and Election to Self The undersigned caused said Notice of Default and Election to Self The undersigned caused said Notice of Default and Period (Self-Trustee Sylva Loredo, Authorized Signature Address P.O. Box 515388, Dalias, Texas 75251-5388 FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (1916)877-7728 LONESTAR MORTGAGEE SERVICES, LLC. IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT ANY INFORMATION DETAILED (ULL ED USED FOR THAT PURPOSE ASAP283178 09/16, 09/23, 09/30.

YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED SEPTEMBER 23, 1994 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER NOTICE OF TRUSTE'S SALE No. 172880 On October 14, 1997, at 1000 AM. at the South entrance to the County County of San Diego. State of California. California Reconveyance Company, a California Reconveyance Company, a California Corporation, as duly appointed Trustee under that certain Deed of Trust executed by Joseph Batson and Che-Lees Batson husband and wife as trustors, recorded on October 7, 1994, as Instrument No 1994-0592409, in Book - Page - of Official Records of San Diego County, State of California, under the power of sale therein contained, will sell at public auction to the highest bidder for cash, or check as described below, payable at the time of sale in lawful money of the United States of America, without warranty eyerses or implied as to tite, use, possession or encumbrances, all right, title and interest now held by it as such Trustee in and to the following described property situated in the laforesaid County and State, to with APN #480-50-41 The total armount of the unpaid principal balance, interest

thereon, together with reasonably estimated costs, expenses and advances at the time of the initial publication of this Notice are \$133.615.22 Currently dated Cashiers Checks or Certified Checks payable to the Trustee or bidder are acceptable to the Trustee provided proper identification is available. From information which the Trustee demse reliable but for winch trustee makes no representation or warrantly the street address(es) or other common designation of the above described property is 2415 New Jersey Lemon Grove CA 91845. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust including fees and expenses of the Trustee and of Sale. California Reconveyance Company as said. President 451. Down the property of the California Personal California 19134. (916) 387.7728, Dated September 17 1997. ASAP2843444.0923.0 910.0107. Dated September 17 ASAP284344 09/23, 09/30, 10/07

#### NOTICE OF PREPARATION OF DRAFT NEGATIVE DECLARATION/ MITIGATED NEGATIVE DECLARATION

Notice is hereby given that the Helix Water District has complet-ed an Initial Study of the R.M. Levy Water Treatment Plant Expansion project in accordance with the District's Guidelines implementing the California Environmental Quality Act. This Initial Study was undertaken for the purpose of deciding whether the project may have a significant effect on the environment. On the basis of such Initial Study, the District's Staff has concluded that the project will not have a significant effect on the environment and has therefore prepared a Draft Negative Declaration. The Initial Study reflects the independent judgment of the District. The Pro-Initial Study and Draft Negative Declaration are on file at the Dis-trict's offices. 8111 University Avenue. La Mesa. California 91941-5022 and are available for public review. Comments will be received until October 22, 1997

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Assistants to the publisher Betty Thomas. Trudy Thomas Sports editor: Mary Rosen Contributing writers: Lora Clark Cheryl Cohen, Greg Eichelberger. Phillip Giannangeli, Paul Treske. Betty Jo Tucker

#### Submissions

Letters, editorial and photo sub missions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions

#### Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemor Grove, CA 91946

## Lemon Grove Almanac

1994 Population: 25,100 Incorporated: 1977 3.75 sq. mi. Area: Median income: \$34,399

1996-97 city budget: \$26.3 million 1996 taxable sales: \$265 million

Mary Teresa Sessom Council: Thomas Clabby Craig Lake **Dwight Shelley** 

Jeff Jandura City Manager: **Doug Yount** Planning Director: Jim Butler City Attorney: Gloria McLean City Clerk: **Christine Taub** Sheriff's Capt.: **Yolanda Collins** 

Fire Chief: Dale Chamberlain Congressional district: 52nd - Duncan Hunter State Senate district: 40th - Steve Peace State Assembly district: 77th - Steve Baldwin Supervisorial district: 2nd - Dianne Jacob

High school: Libraries Post offices Parks

Recreation centers 1

# Proud Member Lemon Grove Chamber of Commerce

# **B** Words

by Bob Burns

# Bomb awareness part of RSVP training

As part of our ongoing training as a RSVP Volunteer Patrol with the Sheriff's Department, we recently were alerted on the subject of bombs. It was very interesting and revealing to the group of senior volunteers, and I thought that it would also be of value to the general public.

Bombs come in all sizes and shapes, and are amazingly simple to construct. There is one cardinal rule that must apply to everyone when encountering anything that might be a bomb. It is "Back off at least 100 feet, and call for competent help." The professional Bomb Squad is the only group of people that are capable of handling such devises, and they are always available through the official police agencies.

A common bomb that is used today is the plastic bottle bomb that can have the same explosive impact as a military hand grenade. Beware of that 2-liter Pepsi or 7-Up bottle that is suspiciously placed and looks perfectly innocent. Also all kinds of pipes, both metal and plastic, can be very powerful grenade type explosives. Look for fuses, or wrapping with nails. Some have electrical ignition devices, or fire cracker-like fuses.

Even the very small CO2 cartridge can be packed with powder, and can be of lethal strength. Sticks of dynamite can be 1/2, 1/4 or whole, looking very much like a road flare. They are detonated by fuse or by electrical charge, some with Mercury switches that make contact by changing position of the device. Dummy hand grenades can be altered to function as originally designed. There are various types of fire bombs made with gasoline filled glass bottles. What looks like a harmless bit of pipe or bottle can be very lethal, and should be touched only by an expert.

First off, the penalty for any of these devices use or possession, is very severe. Also, the old practice of dunking a bomb in water, like in the movies, may be just the thing to complete an electrical circuit and trigger the explosion.

Be watchful of any suspicious device, wherever it might be located. First, retreat at least 100 feet away. Then call for help. Any law enforcement or firefighter can bring the experts, and they would rather see 100 false alarms than miss one real thing. We are cautioned to not even use a hand held radio or cell phone within 100 feet of a device for fear of setting it off accidentally.

Education and awareness is the key, and it is incumbent on us all to be ever vigilant and know the procedure. Often there is no rhyme or reason to a bomb being made or placed. If in doubt, call the magic number 911, and the Bomb Squad will take it from there. This seminar was very scary to me, and I am hoping that I will scare you all with this article, and possibly save some lives ....

# BBB says check phone bill for unauthorized changes

Pacific Bell and the San Diego Better Business Bureau are joining up to help area consumers and businesses protect themselves from slamming - the unauthorized and illegal switching of a consumer's or business' phone service to a different company.

Across the nation, slamming is the number one complaint of telephone customers to the Federal Communications Commission (FCC), with complaints tripling since 1994. Slamming is likely to increase as competition heats up in long-distance as well as toll and local-service calling.

"Consumers and businesses can best protect themselves by understanding the problem, learning to recognize a slam when they see one and knowing how to stop it," said Gerry Wilson, president. Better Business Bureau.

The following are ways consumers can guard against slamming and other scams

- · Read your telephone bill. Carefully read your monthly phone bill and watch for changes to your service. If your local or long-distance provider has been changed, a switching charge will appear on your bill, along with the name of the new company.
- Ask questions. If a representative from a local or long-distance provider offers to switch your service, ask questions to ensure that you understand what is being offered. Also, ask for a name, address and phone number, especially if the representative claims to be authorized by your current telephone company.
- Guard your personal information. Do not give out your phone number, financial information, social security number or personal identification number (PIN) to an unknown caller.
- · Educate family members and office staff. Decide who is authorized to make telecommunications decisions and communicate this to everyone in your household or office.
- Read the small print. Never enter contest or promotional drawings at fairs or festivals, and never sign "bonus checks" or respond to offers of prizes and cash solicited through the mail without carefully reading the small print. Some long-distance providers and affiliated promotional companies use these tactics to entice consumers to sign "entry forms" that double as an authorization to switch your phone service.
- Check rates. Beware of companies that claim to save you money by "dialing around" your current local or long-distance company. The rates these providers offer are typically only slightly lower than the highest rates of leading carriers. Also, some dial-around companies will keep charging you a monthly fee through your telephone bill, which may be authorized even if you use the service only once. Many customers mistakenly believe these charges represent slams.

To request a free informational brochure consumers may call 1-800-310-BELL and business customers may call 1-800 -750-BELL.

# Education aim of Singing Hills' School of Golf for Seniors

Singing Hills' School of Golf for Seniors will offer intensive golf instruction for adults 50 years and older beginning Oct. 5 and running until Oct. 8, .

Designed in the tradition of the 18 year old School of Golf for Women, the School of Golf for Seniors caters specifically to the senior age group.

Instruction schedules and activities are developed and personally supervised by a teaching team of Master and Class A golf professionals to promote a beneficial pace and teaching level.

Each session maintains a small group format of one instructor for every five students, providing an opportunity for their game intense personal attention.

"We continue to enhance our instruction programs to develop Singing Hills as the hub of golf instruction in Southern California," said Tom Addis, Singing Hills director of golf and immediate past president of the PGA. "Our goal is to create an environment that is comfortable for students of all ages and genders to improve their golf games.

The School of Golf for Seniors is designed for students of all levels who have had at least six private golf lessons and are interested in refining their skills and improving

From skills such as pitching, chipping and putting, to learning how to use every club in the golf bag, to maneuvering effectively around the golf course, The School of Golf helps seniors increase confidence in their game while having fun.

Participants will gain a greater appreciation for the game and be more comfortable playing, regardless of the course or conditions.

To enhance long-term improvements, the School of Golf provides each student with video tapes of practice sessions and personalized notebooks

In addition, instructional packages include golf carts, club storage, practice range balls, airport transportation, meals, cocktail parties, gifts and prizes

The School of Golf at Singing Hills maintains a long tradition of providing top quality golf instruction. Presented in specialized program formats, the three and five-day schools are created to offer supportive environments for individuals with similar physical and mental approaches to the game of golf. Currently, Singing Hills offers schools of golf for women, seniors and juniors.

Singing Hills Resort is the only Southern California resort offering 54 holes of golf. which includes two championship courses and a par-54 executive course.

Spread over nearly 420 acres, the property has been home for numerous PGA, USGA and SCGA tournaments and qualifying rounds, and provides a challenge for all golf

For more information or to register for an upcoming School of Golf for Seniors, call Singing Hills Resort at 442-3425, or (800) 457-5568. Access the Singing Hills web site at www.singinghills.com.

# oports Beat with Greg Eichelberger

Greetings, friends to a little mind trip I like to call "Sports beat." Yes, there are imitators to our "Sorts Weekly edition (some starting just last week!), but they just don't have the juice (translated: They ain't got what it takes). And, remember, we don't charge 75 cents for our paper, either! Anyway, there's plenty to report on, so here goes.

Prep football is in full swing and no team is more surprising than the 2-0 Mount Miguel Matadors, who crushed Kearny, 26-8, on the road. A lot of trash-talk left the Komets singing the blues and took away two TDs in the process. The Mats lead the Grossmont South League, while Helix (a 44-16 winner of the Foothillers) is 1-1. Granite Hills (lost to Poway, 12-3), Monte Vista (lost to Castle Park, 20-5) and Valhalla (nipped by El Capitan, 22-21) to bring up the rear.

In the North League, West Hills, after a 41-13 demolition of San Diego High, enjoys a 2-0 mark, closely followed by El Cajon Valley (which is playing Christian as of this writing) at 1-0, El Cap and Grossmont at 1-1 and Santana (losers to Serra, 24-0) coming in winless in two tries. At least our local teams are scoring some big wins against other county schools, something we couldn't buy last season.

Friday, ECV is at Valhalla, Helix is at El Camino, Granite Hills is at Grossmont, Monte Vista journeys to Carlsbad, Oceanside visits El Cap, Santana plays at Mount Miguel and Serra comes calling on the Wolf Pack of West Hills. Saturday, Christian meets Horizon at Mesa College. Come on out and enjoy the show.

The Cajon Valley Speedway (which never advertises with us, but still deems our own Joe Naiman worthy of a pit pass and free pizza) has passed along its season standings at this point. I will not list all of them, but will say that local racers lead in four of the five categories. Todd McLaughlin (El Cajon - Grand American Modifieds), Eric Ferguson (El Cajon - Street Stocks), Rich Bogart (El Cajon - Pony Stocks) and Pat Garity (Spring Valley - Bomber Stocks). There, I thought you'd like to know.

On the Padres front, longtime media relations director and current traveling secretary Roger Riley has accepted the traveling position for the new Arizona Diamondbacks for next season. Riley, a resident of El Cajon, was the first representative of a professional major league sports franchise to deem Forum Publications worthy to receive full season credentials (unlike some other San Diego squads, like, say, the Chargers) and for that we are eternally grateful. We personally wish Roger the best of luck in this endeavor and look forward to seeing him when his team (whatever league they may be in) comes to Jack Murphy/QualComm Stadium.

Playing the role of spoiler to the hilt, the Pads pounded the Giants last weekend, 12-3, to make the already tight Western Division race even more interesting.

By the by, I had an opportunity to chat with San Francisco catcher, and former La Mesa resident, Brian Johnson the other night. He's a class guy and I'm happy he's able to contribute to the Giants' cause. And still speaking of baseball, tomorrow Forum will cover its first ever game at venerable Dodger Stadium in Chavez Ravine. Who says we don't have influence?

After driving around for about an hour and failing to hook up with Monte Vista's roller hockey coach Bob Trellford several weeks ago, we've made an agreement to meet next Sunday for a story on these great kids. You'll read it here, first.

If you'd like your news in this column, it's as easy as pie to do something about it. Just call me at 390-7103, or, for you computer geeks out there, just drop me an E-mail at ikeforum@juno,com. What could be simpler? In the meantime, have a great sports week.

El Cajon Eagle • Lemon Grove Review La Mesa Forum · Lakeside Leader · Santee Star · Spring Valley Bulletin

### **East County** High School Sports Schedule Sept. 23 - Sept. 30 (varsity and club) (as available)

Tuesday, 9/23 - GIRLS VOL-LEYBALL: Mount Miguel at Grossmont, Santana at Monte Vista, El Cajon Valley at Helix, Granite Hills

at El Capitan, Valhalla at West Hills. GIRLS TENNIS: Grossmont at West Hills, Helix at Monte Vista, Santana at El Cajon Valley, Christian at Crawford. GIRLS FIELD HOCKEY: El Cajon Valley at West

Wednesday, 9/24 - BOYS WA-TER POLO: Grossmont at Helix. Monte Vista at El Cajon Valley. Granite Hills at West Hills, Santana at Valhalla, Mount Miguel at El Capitan. GIRLS VOLLEYBALL: Christian at OLP.

Thursday, 9/25 - GIRLS TEN-NIS: Valhalla at Helix, Mount Miguel at Granite Hills, Santana at Grossmont, El Capitan at West Hills, Christian vs. Lincoln. GIRLS VOLLEYBALL: Monte Vista at El Capitan, Granite Hills at El Cajon Valley, West Hills at Helix, Valhalla at Grossmont, Santana at Mount Miguel, Christian at Scripps Ranch. GIRLS FIELD HOCKEY: West Hills at La Jolla.

Friday, 9/26 - FOOTBALL Granite Hills at Grossmont, El Cajon Valley at Valhalla, Santana at Mount Miguel, Helix at El Camino, Oceanside at El Capitan, Serra at

West Hills, Monte Vista at Carlsbad. BOYS WATER POLO: Monte Vista at West Hills, Granite Hills at Grossmont, Helix at Santana, Valhalla at El Capitan, El Cajon Valley at Mount Miguel.

Saturday, 9/27 - FOOTBALL: Christian vs. Horizon at Mesa College. GIRLS VOLLEYBALL: Serra Tournament. CROSS COUNTRY: Christian at Dana Hills Invitational

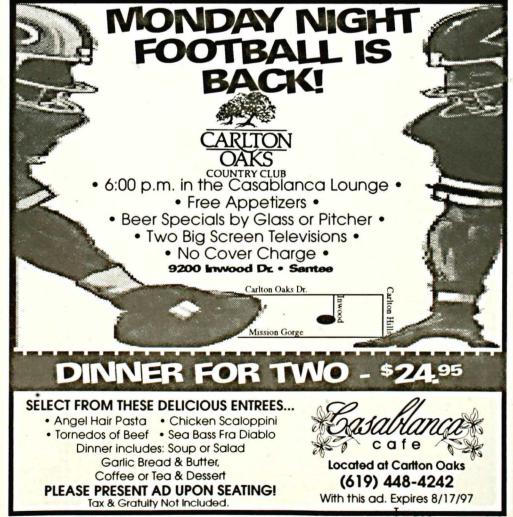
Tuesday, 9/30 - GIRLS VOLLEY

BALL: El Cajon Valley at Monte Vista, West Hills at Granite Hills, Helix at Grossmont, Valhalla at Santana, El

Capitan at Mount Miguel.

GIRLS TENNIS: Granite Hills at Helix, Monte Vista at Valhalla, Santana at El Capitan, Grossmont at El Cajon Valley, Christian vs. Madison. GIRLS FIELD HOCKEY: Mira Mesa at West Hills. CROSS COUNTRY: Christian vs. Mira Mesa at Morley





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